



CWPAP/SH-M

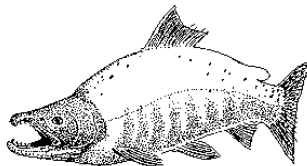
Coastal Watershed Planning and Assessment Program/ Southern Humboldt and Mendocino Counties Fisheries Management Site Handbook





Watershed Stewards Project Mission

The mission of the AmeriCorps Watershed Stewards Project is to conserve, restore, and enhance anadromous watersheds for future generations by linking education with high quality scientific practices.



Sockeye Salmon





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Introduction

Site Description

Location 1487 Sandy Prairie Ct. Suite A, Fortuna, CA 95540

Phone: (707) 725-1070 / Fax: (707) 725-1025

Fortuna is located in Humboldt County, approximately 250 miles north of San Francisco, adjacent to Highway 101. The city lies within the Eel River Valley, on the northeast shore of the Eel River, about seven miles from the Pacific Ocean. Fortuna's population is approximately 12,000 people, occupies 4.7 square miles in size and is surrounded by farmland, private timberland, and national, state, and county redwood parks.



Figure 1. View of the Eel River and the communities of Fortuna and Rhonnerville.

*Agency
Affiliation*

The Coastal Watershed Planning and Assessment Program (CWPAP), formed in 2003, is a Department of Fish and Game (CDFG) program conducting fishery-based watershed assessments along the length of the California coast. The program's goal is to determine the extent and quality of supportive conditions for salmon and steelhead and help determine ways to improve those conditions. CWPAP produces watershed assessment reports that are intended to be useful to landowners, watershed groups, agencies, and individuals to help guide restoration, land use, and management decisions. WSP Members will work closely with CWPAP biologists to complete data collection and research for watershed assessment reports. WSP members will work closely with CWPAP biologists collecting a combination of fishery, stream habitat, channel, and watershed condition data is used to estimate the overall physical "health" of the watershed. This data collection includes, but is not limited to: spawning ground surveys, stream habitat typing, ground truthing existing data, and research about current and past watershed uses, conditions, and processes.

The DFG Southern Humboldt and Mendocino County District Fisheries Biologist (SH-M) is responsible for fisheries management activities on the Eel River, Mattole River, Bear River, Coastal Mendocino Streams, and the upper Russian River and that includes fish population monitoring, habitat assessment and restoration, regulation, permitting, calls from the public, and data requests. California salmonid populations are being assessed under the Coastal Monitoring Program (CMP), and the SH-M Biologist and WSP



members will conduct South Fork Eel River spawning ground surveys, data analysis and reporting for the CMP.



Program and Agencies' Logos

Mentor Bios

Dave Kajtaniak: currently serving the public as an Associate Fisheries Biologist for the California Department of Fish and Game within the Coastal Watershed Planning and Assessment Program. Through this position I develop large-scale watershed assessments in northern California that are intended to be useful for landowners, watershed groups, agencies, and individuals to help guide restoration, land use, and management decisions. I have also gained invaluable experience working for private environmental consulting companies in Northern and Southern California performing wildlife, fisheries, and botanical research and monitoring. My volunteer roots were established in serving two fantastic years as an AmeriCorps Watershed Steward Project volunteer in Klamath with the Department of Fish and Game. I am originally from Ohio and received my Bachelor of Science from Ohio University, in Athens, Ohio.

Allan Renger: I serve the public as the California Department of Fish and Game (DFG) District Fisheries Biologist for Southern Humboldt and Mendocino Counties, a job I enjoy, and it keeps me busy with a variety of fisheries management activities on the Eel River, Mattole River, Bear River, Coastal Mendocino Streams, and the upper Russian River. I've been at this job for two years now and am involved in fish population monitoring, habitat assessment and restoration, regulation, permitting, calls from the public, and data requests. Prior to this I worked ten years for DFG's Fisheries Restoration Grants Program administering projects to benefit the habitat of salmon and steelhead. Like many northern California resource professionals my first fisheries job, in 1996, was as a Watershed Stewards Project Americorp member, and I credit that experience among the first steps that led to where I am now. In my leisure time I enjoy outdoor activities with my family and friends like walking, swimming, fishing, diving, and gardening.

General Ecology

Fortuna, "The Friendly City," is located within the Eel River Valley, a flood plain devoted primarily to agriculture. The Eel River serves as a thoroughway for many salmonids to smaller creeks throughout the greater river system. Groves of redwoods, either protected by our parks system, or harvested by local logging companies, surround the neighboring area. Fortuna is subject to foggy and rainy coastal weather patterns, but is slightly sunnier than Eureka and Arcata.

Field work for this site occurs in a variety of ecosystems and climates throughout Humboldt, Del Norte, and Mendocino.



General Calendar of Duties at CWPAP/SH-M

<i>Month</i>	<i>Location</i>	<i>Site Duties</i>	<i>Work Load</i>	<i>Typical Work Hours**</i>
Fall				
September	Field / Office	Office: Generate Survey Maps, Contact Landowners, Prepare Information for Survey. Keep all data sheets and field gear organized.	Busy	Monday – Thursday 7:00 am – 5:00 pm **Members should expect that some additional work opportunities, such as ISPs, restoration projects, outreach events, conferences, and trainings may occur outside of typical work hours.
October	Field / Office	Field: General orientation of work areas and field trainings. Office: Generate Survey Maps, Contact Landowners, Prepare Information for Survey. Keep all data sheets and field gear organized.	Busy	Monday - Thursday 7:00 am – 5:00 pm
November	Office / Field	Spawning Ground Surveys	Moderate	Monday - Thursday 7:00 am – 5:00 pm
Winter				
December	Office / Field	Spawning Ground Surveys	Moderate	Monday - Thursday 7:00 am – 5:00 pm
January	Office / Field	Spawning Ground Surveys	Moderate	Monday - Thursday 7:00 am – 5:00 pm
February	Office / Field / Classroom	Spawning Ground Surveys	Moderate	Monday - Thursday 7:00 am – 5:00 pm
Spring				
March	Office / Field / Classroom	Begin teaching Real Science in classrooms. WSP Spring Training	Moderate	Monday - Thursday 7:00 am – 5:00 pm
April	Office / Field / Classroom	Begin to prepare for ISP Teaching Real Science in classrooms. ISP	Moderate	Monday - Thursday 7:00 am – 5:00 pm
May	Office / Field / Classroom	Habitat Typing Training Real Science and ISP wrap up and begin Habitat Typing Creek Days Environmental Education Fair	Moderate	Monday - Thursday 7:00 am – 5:00 pm
Summer				
June	Field / Office	Habitat Typing	Busy	Monday - Thursday 7:00 am – 5:00 pm
July	Field / Office	Habitat Typing	Busy	Monday - Thursday 7:00 am – 5:00 pm
August	Field / Office	Habitat Typing	Busy	Monday - Thursday



Description of Site Duties

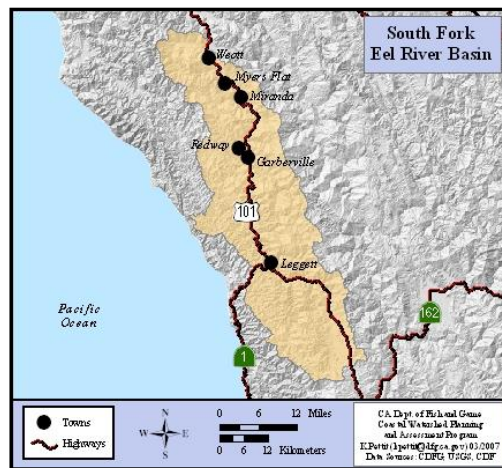
Spawning Ground Surveys

Coho salmon (*Oncorhynchus kisutch*), Chinook salmon (*O. tshawytscha*) and steelhead (*O. mykiss*) are listed as threatened under the Endangered Species Act in coastal Northern California. The breeding population size is important for assessing population status. The National Marine Fisheries Service focuses on the number of adults escaping to spawn in order to evaluate the natural viability of salmon population status. One way to collect salmon population data is by Spawning Ground Surveys. These surveys will be a big part of CWPAP/SH-M WSP members work during the service term.

The Spawning Ground Survey season mainly occurs from November to February. WSP members will conduct surveys with DFG Fortuna WSP Members, Coastal Restoration Monitoring and Evaluation Program (CRMEP) WSP Members, Pacific States Marine Fisheries Commission (PSMFC) employees and CDFG biologists and scientific aides. Spawning Ground Surveys include; redd counts, redd measurements, live fish observations, and carcass mark-recapture surveys. Streams will be surveyed multiple times beginning in late-November (or as soon as fish enter the stream)

continuing until late February (or when fish are no longer observed). Surveyors collect data using GPS units, field maps, Palm Personal Data Assistant (PDA) data entry devices, and various other measuring tools and equipment.

The CWPAP Spawning Ground Surveys are conducted mainly in the South Fork Eel River. Members placed with the CWPAP Site will complete surveys on an average of 40 stream reaches in Humboldt and Mendocino Counties on a seven to ten day rotation schedule. The scheduling of surveys depends on stream flows, weather conditions, crew availability, and landowner coordination.



Spawning Ground Survey work will require WSP members to be in the field for up to 4 days at a time. Travel while in the field will be provided by DFG, as well as sleeping arrangements. All other travel costs (food, ect.) are initially paid for by the Member. The Member is then later reimbursed by WSP after submitting a monthly travel claim. On average it takes about two months for WSP to reimburse Members for travel costs, and it sometimes takes up to four months.

Figure 2 and 3. Map of the South Fork Eel River watershed and AmeriCorps Member conducting spawner survey.





Stream Habitat Typing

This begins the first week of June and continues straight through September and into part of October. Stream habitat typing is one of the most important tasks that we are involved in at the Fortuna site. It entails recording data in Stream Habitat, a program installed on our handy PDAs, which gives the biologists a picture in time of the quality and quantity of salmon habitat within the survey reach. Paper forms (the old school method) have become somewhat obsolete this year, though some forms are still required (and it's always good to have paper as a backup- the PDAs have not been without their faults). This information is then used to produce reports that are reviewed by biologists who make recommendations for habitat improvements. The reports compare current stream conditions to reference values that would be found in an idealistic salmonid stream.

These reports are used for multiple purposes and by many other agencies and organizations than just Fortuna DFG. The California Coastal Watershed Assessment Program (CCWAP) analyzes watershed assessments, which compile complete watershed overviews of different drainages in order to determine the state they are currently in. Then restoration grant projects can be developed and prioritized out of these assessments.

Other interests include land owners who possess land that surrounds various creeks, local non-profits, and the general public who have access to these reports as well. Specifically, restoration projects are regularly identified through these reports. Monitoring efforts have used old and new habitat typing data and compared it to make assessments on various developments or projects on a creek. Biological (e-fishing_ surveys are conducted after habitat typing and LWD surveys are completed. Identifying species of fish present places importance on individual creeks and their overall health. The results are further used to support the determination of future restoration projects.

Habitat Type data encompasses the largest and most extensive data set for Northern California streams that DFG has to offer. It is a well used and valuable resource. Over 80% of this data has been collected by WSP members.

Breakdown of Work at CWPAP

Field Work: 50%

Report Writing and Data Entry: 25%

Education: 15%

Outreach: 10%

ISPs and Outreach Events

ISP Information

Getting Started

Each WSP Member is required to coordinate an Individual Service Project (ISP) as a part of their volunteer generation and media skills development requirements throughout their term of service. The CWPAP site requires WSP Members to complete their ISP by May 1st. Completion of the ISP by this date ensures CWPAP site members are available to dedicate the summer field season to site duties. It is also beneficial to complete the ISP requirement by this date because Humboldt State University students will be around and are often a great source for volunteers. The WSP Website has a great checklist for all the forms, paperwork and procedures that are needed to complete the ISP.



There are multiple options for ISP projects and the CWPAP is excited to work with WSP members to choose a project that sparks their interests. A good way to get started on the ISP is to talk with the site mentor. He or she may already have some contacts and/or project ideas. In addition, Humboldt Fish Action Council (HFAC) has proven to be a reliable resource for ISP opportunities. Keep in mind that members are not required to follow an ISP that was suggested by a mentor, the ISP is an area of WSP program where members hold the creative license. Ask, are there any community watershed needs that members see need to be addressed? How about a student restoration field-trip? There are many great projects in the area to be completed. Get creative!

*Media Phone
Lists, Check
Lists, Volunteer
Forms, Liability
Forms, Etc.*

The WSP Member Handbook (<http://watershedstewards.com>) is a good place to start in terms of prioritizing things that will need to be completed. In addition to the actual ISP event there is important paperwork to complete at each step of the process. But, a basic list of tasks to prepare for is:

- Develop a media outreach plan;
- Create a volunteer recruitment campaign;
- Coordinate plans for project implementation; and
- Execute ISP.

After The ISP

Well, members finished their ISP. Feel relieved, rewarded, and accomplished? Don't forget- there's more paperwork to do. Check the website for forms.

Outreach Information

Various –

There are various outreach opportunities available throughout the year. Hatchery Tours, Highway Cleanups, additional education visits, boothing events, fish prints, ect. Talk to the WSP Outreach Team Leader for outreach opportunities.

*Required
Service Days*

WSP Members are required to do four hours of outreach or community service for National Make A Difference Day (October 23rd), Martin Luther King Jr. Day (January 17th), Cesar Chavez Day (March 31st) and National Volunteer Week (4th week in April). It is up to each WSP Member to decide where he or she wants to volunteer. Volunteer work on this day does not have to fit within the WSP mission. However, some volunteer opportunities include:

- Miranda's Rescue
1695 Drake Hill Road Fortuna, CA 95540.
Phone: (707) 725-4449
<http://mirandasrescue.org/>

Miranda's Rescue is a no-kill rescue, adoption & sanctuary facility that helps distressed, neglected, abused & discarded animals, large & small. This includes, but not limited to, dogs, cats, horses, reptiles, small mammals, domestic and game birds, tropical birds, livestock, & exotic animals such as alpacas, emus, llamas & yes even camels.

- Food for People
307 West 14th Street Eureka, CA 95501
Phone: (707) 445-3166
<http://www.foodforpeople.org/>

Food for People, the local food bank, currently distributes more than 1.2 Million pounds of food per year to low income households in Humboldt County.



- Humboldt Botanical Gardens Foundation
Office: 2436 Sixth Street Eureka, CA
Gardens: Located just north of the College of the Redwoods Main Campus
Phone: (707) 442-5139
<http://www.hbgf.org/index.htm>

Help the Humboldt Botanical Garden create and maintain their vision of a 44.5 acre garden that “shall provide a public display of documented native and exotic plants adapted to the local climate in a planned landscape that will provide an educational, aesthetic, and tranquil experience for visitors”.

- Friends of the Dunes
PO Box 186 Arcata, CA 95518
Phone: (707) 444-1397
Email: info@friendsofthedunes.org
<http://www.friendsofthedunes.org/>

Friends of the Dunes (FOD) has been working towards the conservation of coastal environments since 1982. This organization is best known for coastal ecosystem restoration, education programs and guided walks. FOD owns 113 acres of coastal dune property known as the Humboldt Coastal Nature Center (HCNC). FOD hold restoration based activities at HCNC almost every weekend.

Calendar of Outreach Events for Site / Community (Optional)

Education

Education Notes

Getting Started

The Real Science Education season starts after the end of Spawning Ground Survey season in February. The CWPAP Site requires WSP Members to complete their Real Science education by May 1st so the summer months can be dedicated to field season duties. When scheduling teaching days, try to consolidate education duties to a few days a week (i.e teaching on Tuesdays and Thursdays versus everyday of the week). Free time during Spawning Ground Survey season can be used to develop or modify teaching materials, create lesson plans, and go over teaching plans.

The Minimum

Many WSP Members choose to teach Real Science courses with a partner. To fulfill the requirement, each WSP member must present the program to children, grades K-12. Keep in mind *each* WSP Member is required to visit a minimum of six classes, therefore if members are teaching with a partner than members must complete 12 visits. Members generally have time to visit more than the minimum number of classrooms. The WSP Education Team Leader will assign classrooms to each individual site.



Set Up a Meeting w/ the Teacher – A 6-Week Education Outline

Be prepared before meeting the teacher for the first time. What do members want to teach the kids? What's the intended curriculum for the entirety of the Real Science visits? What is the preferred schedule? Having a 6-Week Education Outline prepared prior to the first teaching visit is a great tool and shows the teacher that members are prepared. It also enables them to give members feedback. Their students may have already had the curriculum members are intending on teaching, etc. This way, members can sit down with the teacher, receive feedback, and modify the lesson plans according to the teacher's needs before going into the classroom. Don't forget to give the teacher the Pre-Tests! Get the Teacher Contract signed as well.

The Team Leader

If members are having any difficulties or need any help whatsoever, be sure to reach out to the Team Leader. That's what he/she is there for. Teaching ideas, managing time and classes, or having communication issues with a teacher or school? The Team Leader is an asset and resource for all WSP members!

The Education Handbook

Refer to the Education Handbook- there are great ideas and lots of info. This will help members prepare a lesson plan. If it doesn't have something members want, create their own worksheet, game, or presentation. Lots of fun!

Teaching

If members are new to teaching, no sweat! Members can do it! Kids are awesome and though members will feel exhausted after teaching a single 1 hour class, members will be surprised by all the things members learned from their students. And members thought members were teaching them!

Wrapping Up

Make the last Real Science visit fun, but don't forget to administer Post-Tests. Check the website for post-Education forms to be filled out.

Site / Region Specific Education Resources

The WSP Office
The World Wide Web

It's next door.

- ❖ U.S. Fish & Wildlife Service's "The Pacific Salmon and Steelhead Coloring Book": <http://www.fws.gov/pacific/publications/salmbk.pdf>

- ❖ Rural Science Education Program
<http://cropandsoil.oregonstate.edu/gk12/>

The Rural Science Education Program is a partnership between Oregon State University and rural K-12 schools for enrichment of the science curriculum with hands-on science activities.

Local Ecology

Descriptions of Local Ecology

Climate

The climate of Fortuna is characterized by a long rainy season and foggy summer season. The rainy season begins in October and lasts through April. The mean



annual precipitation is 40-59 inches per year. The dry season, generally May through September, is usually defined by morning for and overcast conditions. On average, only about 78 days out of the year are sunny and clear, with the remaining 287 days being either cloudy or partly cloudy. The average annual temperature is 53° F; the average temperatures range very little throughout the year, from 48° F in January to 58° F in August.

*Native
Vegetation*

Forests are predominant vegetation type in Humboldt County with fir forest, and redwood representing over 50 percent of the unincorporated county. Old growth redwood (*Sequoia sempervirens*) and Douglas fir (*Pseudotsuga menziesii*) forests are very important habitats for many important species and most of the old growth forestland is protected by state or federal park designation (e.g., Redwoods State Park, Headwaters, and Redwood National Park). Redwoods are amazing trees, with some growing over 300 feet tall and 20 feet wide.

Riparian zones are another important vegetation type in Humboldt County. Riparian vegetation, or the plants and trees that grow along the banks or edges of rivers or creeks, typically include a dense understory of shrubs sheltered by overstory vegetation provided by trees. Dominant overstory plants include Black Cottonwood (*Populus trichocarpa*), Big Leaf Maple (*Acer macrophyllum*), Red Alder (*Alnus rubra*), Sitka spruce (*Picea sitchensis*), Pacific wax-myrtle (*Myrica californica*), California bay (*Umbellularia californica*), and madrone (*Arbutus menziesii*). Common understory trees and shrubs include willow (*Salix*), berry bushes (*Rubus*, *Vaccinium* & *Sambucus*), and cascara (*Rhamnus purshiana*). Healthy riparian vegetation is important for quality salmon habitat. These systems are located along most minor streams and all of the major rivers in the northcoast region of the coastal zone.



Coastline

Humboldt County is home to over 100 miles of remote, stunning coastline which is composed of sandy beaches, rolling sand dunes, rocky seashores with tidepools and rugged cliffs, the scenic Humboldt Bay, coastal lagoons, numerous estuaries and wetlands, and coastal forests.

Pasture

In addition to the bountiful forests and amazing coastline of the California north coast, there is much pastureland that supports many dairy cows. Today, driving around Fortuna, it is plain to see the regions thriving dairy business and is now part of the region's ecology.

Animals

Wildlife is all around members in Humboldt and Mendocino County. Located along the Pacific Flyway, Humboldt County is host to a wide variety of birds. Over 450 bird species have been seen within the county. Due to the remote location of much of our



field work, wildlife sightings are a common for WSP members. However, chances are the first sign of an animal members will see will be its tracks or scat. Look for evidence of:

- ❖ Black bear
- ❖ Mountain lion
- ❖ Bobcats
- ❖ Black-tailed deer
- ❖ Wild turkey
- ❖ Gray fox
- ❖ Otter
- ❖ Northern Spotted Owls
- ❖ Eagles
- ❖ Raccoons
- ❖ Osprey

Invasive Species

An invasive species is a non-native species whose introduction causes harm to their new environment. The term “invasive” is used for aggressive species that rapidly reproduce and grow, and cause major disturbance to the areas they inhabit. The spread of invasive species is recognized as one of the major factors contributing to ecosystem change. Invasive species can threaten the native species through competition for resources, predation, parasitism, interbreeding with native populations, transmitting diseases, or by chemically or physically changing the environment. These environmental changes in many cases result in unstable environments for original native communities.

The CDFG and CWPAP take invasive species very seriously. Because our biologists and WSP members are constantly moving around in watersheds we must be extremely careful not to spread invasive species. This site follows strict procedures of decontamination for all of our field gear. The removal of invasive species is a good activity to do for the ISP.

The following is a list of additional resources on invasive species:

- ❖ CDFG Invasive Species Program: <http://www.dfg.ca.gov/invasives/>
- ❖ Invasive.org: Center for Invasive Species and Ecosystem Health: <http://www.invasive.org/>
- ❖ Invasive Weeds of Humboldt County, A Guide for Concerned Citizens: <http://northcoastcnps.org/iwhc/>
- ❖ The Humboldt County Weed Management Area: <http://www.cal-ipc.org/WMA/HWMA%20Inv%20Plants%20091014.pdf>

Invasive Terrestrial Species of Concern in Our Watersheds

- ❖ English and Cape ivy (*Hedera* spp. & *Delairea odorata*)
- ❖ French, Scotch, and Spanish broom (*Genista* & *Cytisus* spp.)
- ❖ giant reed (*Arundo donax*)



- ❖ Himalayan blackberry (*Rubus discolor*)
- ❖ pampas/jubata grass (*Cortaderia* spp.)
- ❖ *Phytophthora ramorum* (plant pathogen that causes Sudden Oak Death)

Invasive Aquatic Species of Concern in Our Watersheds

- ❖ Quagga/Zebra mussel (*Dreissena bugensis*)
- ❖ New Zealand mudsnail (*Potamopyrgus antipodarum*)

Housing and Local Resources

Housing Contact List

*Location,
location, location*

Affordable housing on an AmeriCorps living stipend is totally doable. Arcata, in general, is more expensive than Eureka and other areas, but housing is readily available due to the HSU student population. Arcata and Eureka are popular towns and provide city-like amenities for the area. More rural towns in the area include Rio Dell, Fortuna, Ferndale, and McKinleyville. There will be a lot of other WSP'ers looking for housing in the area. In the past, lots of people have been able to team up, share a place, and commute together.

*Local Property
Management
Agencies*

- Humboldt Property Management
954 H St. Arcata, CA 95521
(707) 825-1515
<http://www.humboldtrentals.com/>
- Kramer Investment Corporation
1653 Myrtle Av. Eureka, CA 95501
(707) 444-2919 or (888) 779-8883
<http://www.kkramer.com/index.html>
- Professional Property Management
3109 H St. Eureka, CA 95503
(707) 444-9197
<http://www.c-management.com/>
- Strombeck Properties
960 South G St. Arcata, CA 95521
(707) 822-4557
www.strombeckprop.com

- ✚ For a complete list of Humboldt County Realtors & Property Management Groups visit:
<http://www.humboldt.edu/housing/offcampus/documents/PropertyManagementGroups3-25-10.pdf>.

*Other Housing
Resources*

- ✚ Humboldt Craigslist. This may be the best option for finding housing in the area.
- ✚ The Arcata and Eureka Co-op community bulletin boards typically have opportunities for shared housing.
- ✚ Rental listings are also posted in the Times-Standard newspaper (<http://www.times-standard.com/>) or the Tri-City Weekly (www.tricityweekly.com).



Local Resource Contacts

Entertainment

- The North Coast Journal
<http://www.northcoastjournal.com/>
Weekly magazine based in Arcata. It covers news, music, art & movies, food, outdoors and maintains a community calendar.
- Center Arts, Humboldt State University
<http://www.humboldt.edu/centerarts/>
Center Arts webpage is a resource for learning about on campus events, including music performances, theatre, comedy, and lecture series.

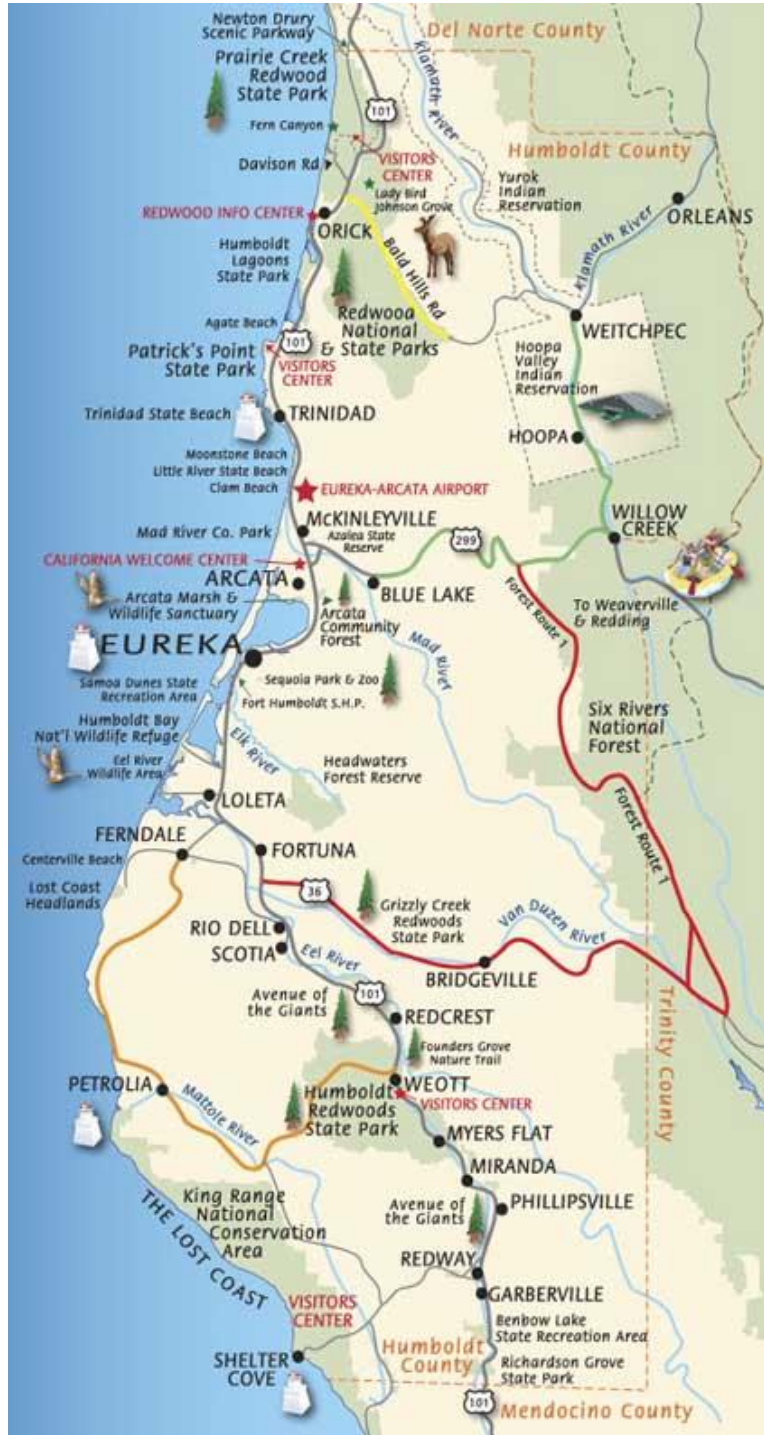
Recreation

- California Welcome Center in Arcata
1635 Heindon Road Arcata, CA 95521
(707) 822-3619
<http://www.redwoods.info/showrecord.asp?id=93>
<http://www.visitcwc.com/Arcata/>
The staff at the California Welcome Center can assist members with information on recreational opportunities, attractions, shopping and more. The center is also home for the Arcata Chamber of Commerce.
- Fortuna Chamber of Commerce
735 14th Street Fortuna, CA 95540
(707) 725-3959 or (800) 426-8166
<http://chamber.sunnyfortuna.com/>
The Fortuna Chamber of Commerce website has good ideas for local recreational opportunities and community events.



Community Information

Map of Area



from www.garberville.org



Community Demographics

Population

About 128,000 people live in Humboldt County, with 12,000 in Fortuna; 28,000 in Eureka; and 16,000 in Arcata.

People

Rural to urban; conservative to liberal; young to old. College-aged student population is centered in Arcata.

Community Services

- ❖ County of Humboldt, Department of Health & Human Services
929 Koster Street Eureka, CA 95501
Phone: (707) 269-3590 or (800) 891-8551

The Food Stamp Program is a Federal nutrition program that helps eligible low-income people purchase food they need for good health. As a WSP member members may qualify to receive these benefits. Members can screen for Food Stamp eligibility by going to the Food Stamp Website at www.myfoodstamps.org.

- ❖ Food for People
307 West 14th Street Eureka, CA 95501
Phone: (707) 445-3166
<http://www.foodforpeople.org/>

Food for People, the local food bank, currently distributes more than 1.2 Million pounds of food per year to low income households in Humboldt County.

Entertainment and Community Events

Resources for Affordable Entertainment Options

- ❖ The North Coast Journal
<http://www.northcoastjournal.com/>
Weekly magazine based in Arcata. It covers news, music, art & movies, food, outdoors and maintains a community calendar.
- ❖ Center Arts, Humboldt State University
<http://www.humboldt.edu/centerarts/>
Center Arts webpage is a resource for learning about on campus events, including music performances, theatre, comedy, and lecture series.
- ❖ www.humboldtcounty.com
Information on living, entertaining, and sightseeing.

State and

National Parks

- ❖ California Welcome Center in Arcata
1635 Heindon Road Arcata, CA 95521
(707) 822-3619



<http://www.redwoods.info/showrecord.asp?id=93>
<http://www.visitcwc.com/Arcata/>

The staff at the California Welcome Center can assist members with information on recreational opportunities, attractions, shopping and more.

The center is also home for the Arcata Chamber of Commerce.

- ❖ Fortuna Chamber of Commerce
735 14th Street Fortuna, CA 95540
(707) 725-3959 or (800) 426-8166
<http://chamber.sunnyfortuna.com/>

The Fortuna Chamber of Commerce website has good ideas for local recreational opportunities and community events.

*Bowling, Movies,
Etc*

The cheapest bowling alley is in Blue Lake. The Minor Theater in Arcata is a great old theater to see movies in (there are theaters also in McKinleyville, Eureka, and Fortuna). The Arcata Theater Lounge www.arcatatheater.com offers old movies and live sports on the big screen as well as music, dance, and other events.

Recurring Event List

*Festivals, Fairs,
and Rodeos*

<http://www.northcoastjournal.com/>

There are many annual festivals and fairs (from Jazz to Reggae, from Craft to Environmental to a Kenetic Sculpture Race, from BBQ to Oysters... etc.) in Humboldt throughout the year. Many towns host rodeos during the summer. Ask locals or keep an eye on the North Coast Journal for listings. There are opportunities to volunteer and table for free or reduced admissions to festivals.

*Arts Alive
Eureka & Arcata*

Eureka Arts Alive: First Saturday of each month, 6-9 pm.

Arcata Arts Alive: Second Friday of each month, 6-9 pm.

The stores in town stay open late to offer free food, drinks, art, and music.

*Farmer's
Markets*

Various towns have local farmer's markets. Arcata's Farmer's Market is on Saturdays from April to November and in addition to having produce stands, it includes live local bands and other vendors. Fortuna's Farmer's Market is on Tuesdays from May to October.